

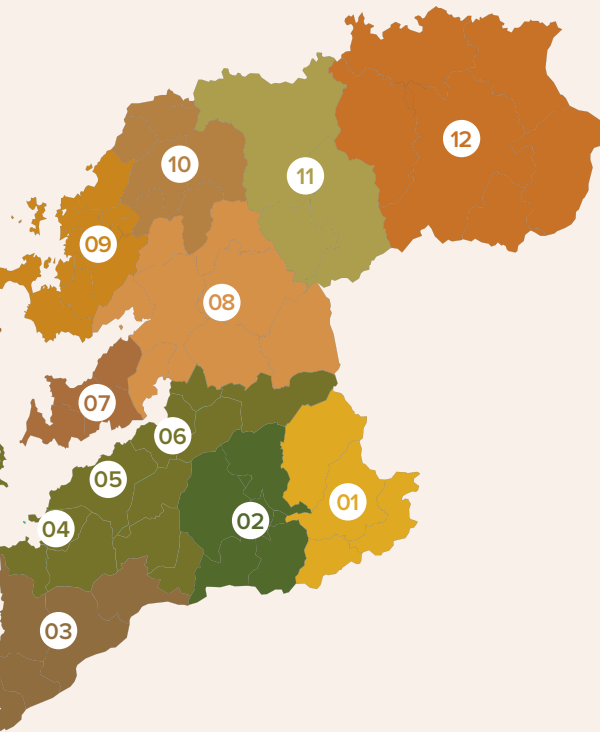


HUNGRY FOR EXPERIENCES?



PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

As Rías Baixas is synonymous with culture and good food. Every town in the province of Pontevedra has something unique to offer to the visitors. Explore the different regions of Pontevedra through these twelve tours and discover its history, culture and gastronomy in its museums. In each itinerary, you will enjoy a great diversity of landscapes filled with stories, in which the natural beauty of its beaches, forests or hills is combined with a rich heritage and with museums that unveil the secrets of this land.



- 01 Wine and lamprey - A Paradanta
- 02 A land of borders, water and history - O Condado
- 03 The sacred in nature and the control of the land - O Baixo Miño
- 04 Pure Atlantic Ocean - O Baixo Miño and Vigo
- 05 Art and city - Vigo
- 06 A sea of stories - Vigo
- 07 Between sea and land - O Morrazo
- 08 An artistic treasure - Pontevedra
- 09 Of sea and wine - O Salnés
- 10 Among rivers and hot springs - Caldas
- 11 A world of richness in the countryside - Tabeirós-Terra de Montes and Pontevedra
- 12 Inland - Deza



Festa da Langosta (A Guarda)



A Grova Hill

River path of Tui

CULINARY MOMENTS

Some of the main local products that you can enjoy in this route are eels, lamprey, turnip tops, mirabelle plums, fruits and vegetables, *peixiños de amêndoas* (almond dessert made by the Clarisses), seafood, as well as wines and spirits.

3 Festa da Langosta e da Cociña Mariñeira (A Guarda)

Festival of Tourist Interest in Galicia that is celebrated in July where one can taste grilled or boiled lobster at affordable prices. Moreover, other products such as goose barnacles, squid, king prawns, mussels, razor shells or octopus can be enjoyed. And, for dessert you should try the *rosca de xema*, an egg yolk ring-shaped cake typical from A Guarda.

6 Feira do Viño do Rosal

Festival of Tourist Interest in Galicia that is celebrated every year on the third weekend of July. It is devoted to the wine from O Rosal, under the Designation of Origin Rías Baixas. The wineries display their products and participate in a tasting contest. Moreover, visitors can taste this wine paired with local products.

NATURAL SPOTS

4 Estuary of the Miño River

It is a protected natural area considered one of the

most important wetlands in the Iberian Peninsula. It has both freshwater and marine ecosystems and it is an important migratory point for birds, and has a rich wildlife.

9 A Grova Hill (Tomíño, A Guarda, Oia, Baiona y Gondomar)

It is a rocky hill near the coast with low scrubland, pine trees and oak trees in the valleys. It covers the towns of Tomíño, A Guarda, Oia, Baiona and Gondomar, with interesting points such as the Lousado Hill, the Alto da Grova or A Pedra da Gata, which offer beautiful panoramic views.

12 River path of Tui

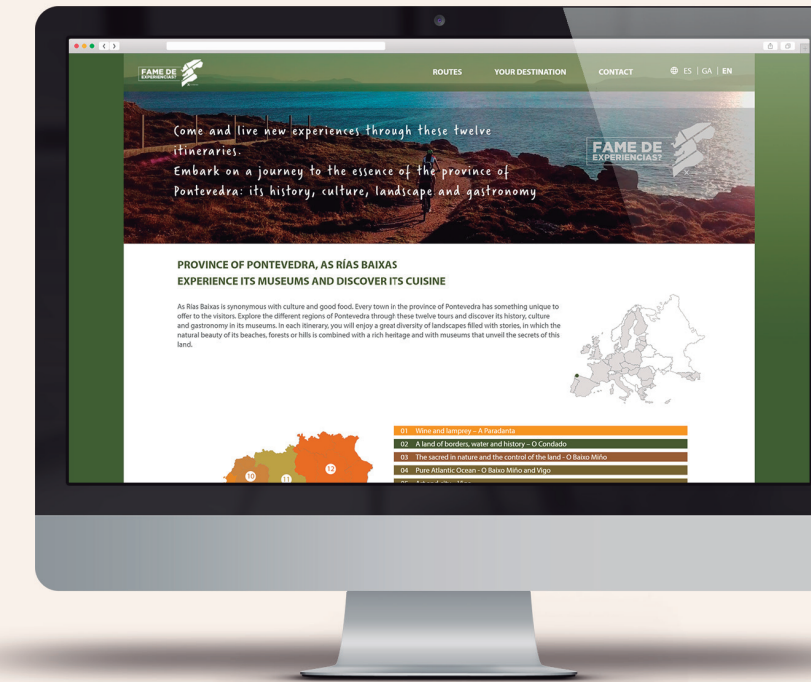
It runs along the banks of the Miño River and offers pleasant views of the river and the international bridge. There, you can also sail the river or do kayaking.

15 Natural Park of the Aloia Hill and Nature Interpretation Centre

It was the first Natural Park in Galicia (1978) and it is located in the southern border of O Galiñeiro Hill. The Aloia Hill offers stunning views of the valley of the Miño River. It has a network of trails, viewpoints and picnic areas, as well as an interpretation centre inside the old forest house.

📍 Casa Forestal Ingeniero Areses, 37, Pazos de Reis 36700 Tui

📞 +34 986 675 095 🌐 www.xunta.es



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More information

Come and live new experiences through these twelve itineraries. Embark on a journey to the essence of the province of Pontevedra: its history, culture, landscape and gastronomy.

<https://turismoriasbaixas.com/en/hambre-de-experiencias>

 SICTED Quality Label: Spanish Integral System of Tourist Quality in Destinations

PROVINCE OF PONTEVEDRA, AS RÍAS BAIXAS EXPERIENCE ITS MUSEUMS AND DISCOVER ITS CUISINE

ROUTE 03 O Baixo Miño

THE SACRED IN NATURE AND THE CONTROL OF THE LAND



Citania de Santa Trega (A Guarda)

HUNGRY FOR EXPERIENCES?



EXPERIENCE THE REGION OF O BAIXO MIÑO

THE SACRED IN NATURE AND THE CONTROL OF THE LAND

Visit the towns of Tui, Tomiño, O Rosal and A Guarda and get to know the essence of O Baixo Miño, closely linked to the sea and the Miño River. This has been a strategic spot since prehistory, as evidenced by the pre-Roman fortified settlement Citania de Santa Trega, which dominated the mouth of the Miño River in the Celtic and Roman times, or by the castles located in key spots to control the river.

However, perhaps one of the places with more history in O Baixo Miño is the town of Tui, which became an important urban area and a hub of communications in Roman times. In fact, the Roman Via XIX ending in Braga (Portugal) passed through this town and crossed the Miño River. Later, the well-known international bridge, connecting the two banks of the river, was built, thus serving as a link between the town of Tui and Portugal. Moreover, Tui is an artistic and monumental religious treasure. It is an episcopal see, with an important cathedral and religious art collections showing the power of the church, but also reflecting religious sobriety with austere monasteries, convents or churches located in the narrow streets and alleys of the old part of the town.

The region has been closely linked to both the sea and the countryside, as evidenced by the Museo do Mar (Museum of the Sea) and the Roman salt mines of the fishing town of A Guarda, or by the ethnographic museums and mills, which show the everyday life of the peasants in the fertile valleys.



Views from the Santa Trega Hill (A Guarda)



International bridge (Tui)



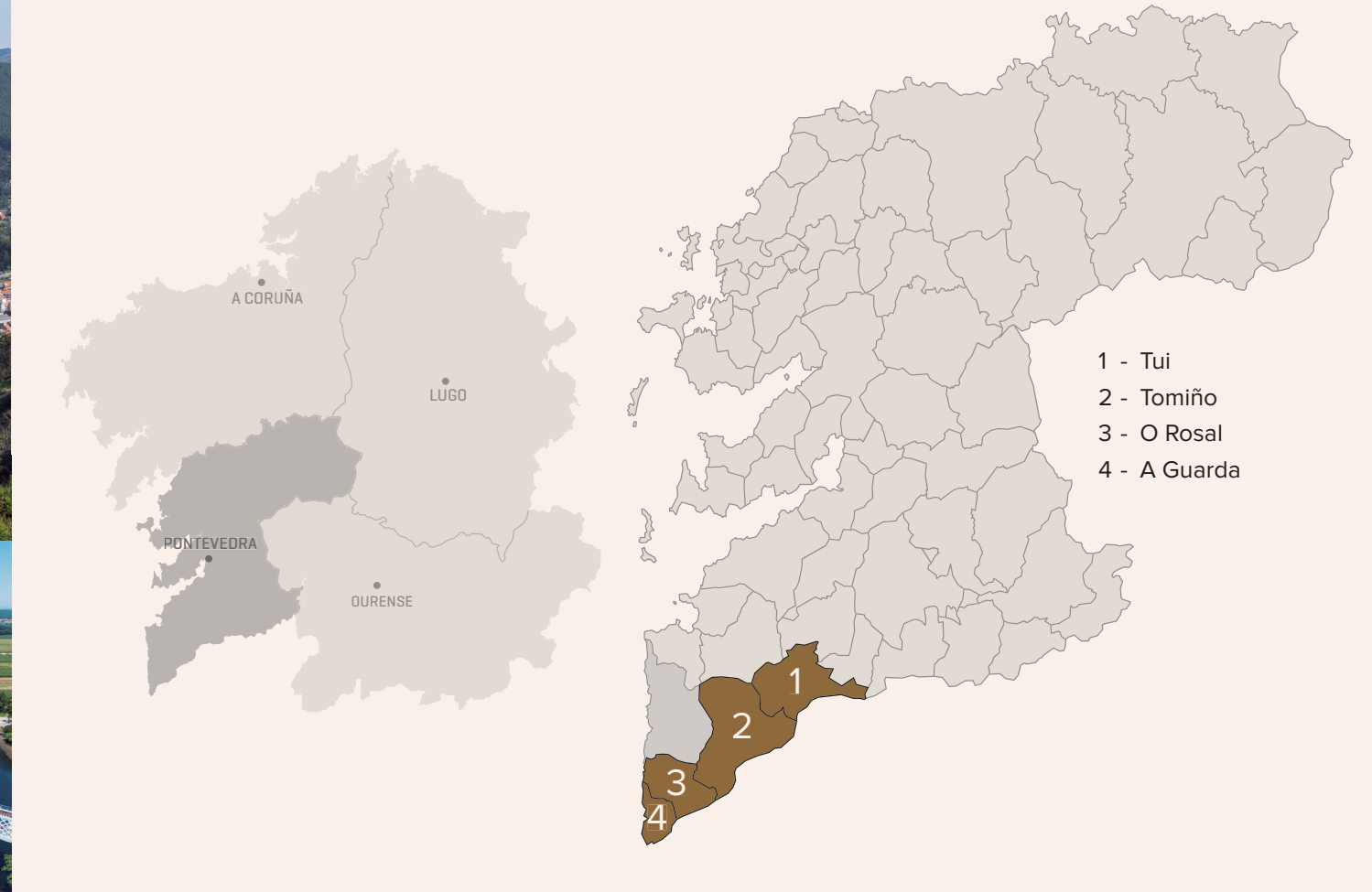
Historical and Artistic Site of Tui, exterior of the Cathedral



Historical and Artistic Site of Tui, exterior of the Cathedral

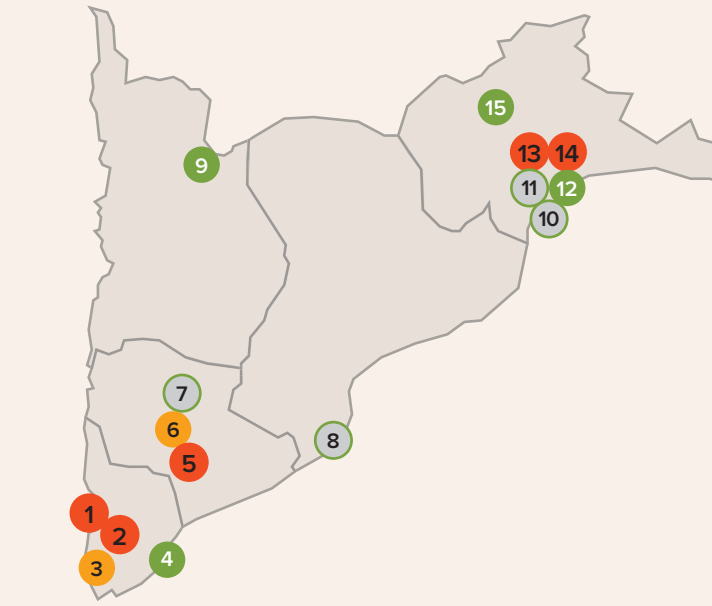


Santa Trega Hill (A Guarda)



ROUTE 03 O Baixo Miño

THE SACRED IN NATURE AND THE CONTROL OF THE LAND



MUSEUMS

1 Museo do Mar

It is located in a former defensive circular fortress. It shows A Guarda's sea heritage and its inshore fishing tradition.

📍 Paseo Marítimo, 36780 A Guarda
 📞 +34 986 664 145
 🌐 www.aguarda.es

2 Citania de Santa Trega and Archaeological Museum of Santa Trega (MASAT)

Pre-Roman hillfort settlement that controlled the territory surrounding the mouth of the Miño River. The *citania* was occupied from the 4th century BC to the 1st century AD. It is enclosed by a wall and with independent circular or oval houses. The museum exhibits a variety of artefacts such as pottery, glassware, beads, bracelets...

📍 Monte de Santa Trega, 36780 A Guarda
 📞 +34 986 614 546
 🌐 www.aguarda.es

5 Casa dos Oficios

Ethnographic centre, located in the former Cámara Agraria (Local Agricultural Office) of the town of O Rosal. It is aimed at promoting the traditional trades, including the cabaqueiros, manufacturers of tiles and bricks, which were very important thanks to the abundance of water and clay ponds in this area.

📍 R/ Ramón Franco, 36770 O Rosal
 📞 +34 649 297 903 / +34 986 625 000

13 Museo Diocesano de Tui

It is situated in the former hospital for the poor and pilgrims dating from 1756. It keeps archaeological pieces and a valuable collection of sacred art which belongs to the Diocese of Tui-Vigo. The museum also exhibits relevant paintings from the 17th-19th centuries, as well as the unique *sambenitos*, large pieces of fabric painted in the 17th century.

📍 Praza do Concello s/n, 36700 Tui
 📞 +34 986 600 870 / +34 986 603 107
 🌐 www.museos.xunta.gal/es/diocesano-tui

14 Museo Catedralicio de Tui

It is located in the Cathedral of Tui, in the Chapel of Saint Catherine. It consists of objects that are part

of the cathedral's treasure: liturgical objects and ornaments such as a polychromatic statue of the Virgin (from the late 14th century or early 15th century) and a monstrance created by Juan de Nápoles Mudarra in 1602. In the cloister, there are tombstones and sepulchres from medieval times.

📍 Praza de San Fernando s/n, 36700 Tui
 📞 +34 986 603 625
 🌐 www.catedraldetui.com/museo-catedralicio/

OTHER POINTS OF INTEREST

7 Mills of O Folón and O Picón (O Rosal)

A group of sixty hydraulic mills from the 17th and 18th centuries, some of them located on the hillside of Campo do Couto and others on a bank of O Picón River. There are different types of mills, but the most common are the horizontal-wheeled watermills, used for grinding grain, especially corn.

8 Military fortress of Goián (Tomiño)

Dating from the 18th century, it served to control the river and the beach in Vila Nova de Cerveira. Inside, there was a munitions dump, a chapel and the governor's house, the chaplain's house, warehouses, barracks, stables and wells to supply water to the soldiers.

10 International bridge (Tui)

This bridge was designed by the engineer Pelayo Mancebo y Ágre-da and inaugurated in 1886. It consists of a long metal structure in the shape of a drawer. This bridge is situated over the Miño River and connects the towns of Tui (Spain) and Valença do Minho (Portugal) by both road and rail.

11 Historical and artistic site of Tui

Tui is a unique and outstanding example of a walled medieval town, located on a hill and topped by the cathedral of Santa María, with winding arcade streets, staircases and alleys. Its monuments, namely the cathedral, its old convents and churches, are influenced by the Suebi, Visigoth and medieval cultures.



Casa dos Oficios (O Rosal)



Archaeological Museum of Santa Trega (MASAT), A Guarda



Historical and Artistic Site of Tui, exterior of the Cathedral



Museo Catedralicio de Tui